DELL Precision 5690 Intel Core Ultra 7 155H Mobile workstation 40.6 cm (16") Full HD+ 32 GB LPDDR5x-SDRAM 512 GB SSD NVIDIA RTX 1000 Ada Wi-Fi 7 (802.11be) Windows 11 Pro Grey

Brand : DELL   **Product family:** Precision   **Product code:** 58JKH

Product name : 5690

- Windows 11 Pro 64-bit
- Intel Core Ultra 7 155H (24MB Cache)
- 40.6 cm (16") Full HD+ 1920 x 1200 IPS, NVIDIA RTX 1000 Ada (6GB GDDR6)
- 32GB LPDDR5x-SDRAM & 512GB SSD

Intel Core Ultra 7 155H (24MB Cache), 32GB LPDDR5x-SDRAM, 512GB SSD, 40.6 cm (16") Full HD+ 1920 x 1200 IPS, Intel Arc Graphics, NVIDIA RTX 1000 Ada (6GB GDDR6), WLAN, Webcam, Windows 11 Pro 64-bit

DELL Precision 5690 Intel Core Ultra 7 155H Mobile workstation 40.6 cm (16") Full HD+ 32 GB LPDDR5x-SDRAM 512 GB SSD NVIDIA RTX 1000 Ada Wi-Fi 7 (802.11be) Windows 11 Pro Grey:

Take your ideas to the next level with *the world's #1 workstations; optimized for performance, reliability and user experience.
DELL Precision 5690. Product type: Mobile workstation, Form factor: Clamshell. Processor family: Intel Core Ultra 7, Processor model: 155H. Display diagonal: 40.6 cm (16"), HD type: Full HD+, Display resolution: 1920 x 1200 pixels. Internal memory: 32 GB, Internal memory type: LPDDR5x-SDRAM. Total storage capacity: 512 GB, Storage media: SSD. On-board graphics card model: Intel Arc Graphics, Discrete graphics card model: NVIDIA RTX 1000 Ada. Operating system installed: Windows 11 Pro. Product colour: Grey

Design

Product type *	Mobile workstation
Product colour *	Grey
Form factor *	Clamshell
Market positioning	Business

Display

Display diagonal *	40.6 cm (16")
Display resolution *	1920 x 1200 pixels
Touchscreen *	✗
HD type	Full HD+
Panel type	IPS
LED backlight	✔
Native aspect ratio	16:10
Anti-glare screen	✔
Display brightness	500 cd/m²
Pixel density	142 ppi
RGB colour space	DCI-P3
Colour gamut	100%
Maximum refresh rate	60 Hz
Contrast ratio (typical)	1300:1

Processor

Processor manufacturer *	Intel
Processor family *	Intel Core Ultra 7
Processor generation	Intel® Core™ Ultra (Series 1)
Processor model *	155H
Processor cores	16
Processor threads	22
Processor boost frequency	4.8 GHz
Performance cores	6

Audio

Speakers manufacturer	Waves
Built-in microphone	✔
Number of microphones	2

Camera

Front camera	✔
Front camera resolution (numeric)	2.07 MP
Front camera resolution	1920 x 1080 pixels
Front camera HD type	Full HD
Video capturing speed	30 fps
Infrared (IR) camera	✔

Network

Top Wi-Fi standard *	Wi-Fi 7 (802.11be)
Wi-Fi standards	802.11a, 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 5 (802.11ac), Wi-Fi 6E (802.11ax), Wi-Fi 7 (802.11be)
Mobile network connection *	✗
Antenna type	2x2
WLAN controller model	Intel Wi-Fi 7 BE200
WLAN controller manufacturer	Intel
Bluetooth	✔

Ports & interfaces

USB 3.2 Gen 2 (3.1 Gen 2) Type-C ports quantity	1
HDMI ports quantity *	1
HDMI version	2.1
Thunderbolt 4 ports quantity	2
Intel® Thunderbolt 4	✔

Processor

Efficient cores	8
Low Power Efficient-cores	2
Performance-core Max Turbo Frequency	4.8 GHz
Efficient-core Max Turbo Frequency	3.8 GHz
Low Power Efficient-core Max Turbo Frequency	2.5 GHz
Performance-core base frequency	1.4 GHz
Efficient-core base frequency	0.9 GHz
Low Power Efficient-core Base Frequency	700 MHz
Processor cache	24 MB
Processor cache type	Smart Cache
Processor base power	28 W
Maximum turbo power	115 W

Neural processor unit (NPU)

Neural processor unit (NPU)	Intel AI Boost
Maximum frequency NPU	1.4 GHz
Sparsity support	✔
Windows Studio effects support	✔
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML

Memory

Internal memory *	32 GB
Internal memory type	LPDDR5x-SDRAM
Memory form factor	On-board
Maximum internal memory *	32 GB
Memory channels	Dual-channel
Memory data transfer rate	7467 MT/s

Storage

Total storage capacity *	512 GB
Storage media *	SSD
Total SSDs capacity	512 GB
Number of SSDs installed	1
SSD capacity	512 GB
SSD interface	PCI Express 4.0
NVMe	✔
SSD form factor	M.2
SSD performance class	40
M.2 SSD size	2280 (22 x 80 mm)
Optical drive type *	✘

Graphics

Discrete graphics card model *	NVIDIA RTX 1000 Ada
Discrete graphics card memory	6 GB
Discrete graphics memory type	GDDR6
On-board graphics card *	✔
On-board GPU manufacturer	Intel
Discrete graphics card *	✔
On-board graphics card family	Intel Arc Graphics
On-board graphics card model *	Intel Arc Graphics

Audio

Number of built-in speakers	4

Ports & interfaces

Combo headphone/mic port	✔
USB Type-C DisplayPort Alternate Mode	✔

Performance

Ambient light sensor	✔
Accelerometer	✔
Proximity sensor	✔
Gyroscope	✔
Hall sensor	✔

Keyboard

Pointing device	Touchpad
Numeric keypad *	✘
Keyboard backlit	✔

Software

Operating system architecture	64-bit
Operating system installed *	Windows 11 Pro

Battery

Battery technology	Lithium-Ion (Li-Ion)
Number of battery cells	6
Battery capacity *	99.5 Wh
Battery voltage	11.55 V
Battery recharge time	3 h
Fast charging	✔
Battery charge indicator	✔
Battery weight	363 g

Power

AC adapter power	165 W
AC adapter frequency	50 - 60 Hz
AC adapter input voltage	100 - 240 V
USB Power Delivery (USB PD)	✔

Security

Cable lock slot	✔
Cable lock slot type	Wedge
Fingerprint reader	✔
Trusted Platform Module (TPM)	✔
Trusted Platform Module (TPM) version	2.0
Password protection	✔

Operational conditions

Operating temperature (T-T)	0 - 35 °C
Storage temperature (T-T)	-40 - 65 °C
Operating relative humidity (H-H)	10 - 90%
Storage relative humidity (H-H)	0 - 95%
Operating altitude	-15.2 - 3048 m
Non-operating altitude	-15.2 - 10668 m
Operating shock	110 G
Non-operating shock	160 G
Operating vibration	0.66 G
Non-operating vibration	1.3 G

Weight & dimensions

Width	353.7 mm
Depth	240.3 mm
Height (front)	2.05 cm
Height (rear)	2.22 cm
Weight *	2.03 kg

Packaging content	
Cables included	AC

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